

organ for the auditorium. She was on the board of directors of the Music Theater of Southern California and served for 30 years on the Music and Performing Arts Commission of Los Angeles County.

I ask all Members to join me today in honoring an extraordinary woman of California's 29th Congressional District, Helen Kennedy. The entire community joins me in thanking Helen Kennedy for her continued efforts to make the 29th Congressional District a better place in which to live.

CONCERNS REGARDING THE SHUT-DOWN OF UKRAINE'S RADIO KONTYNET

HON. CURT WELDON

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 16, 2004

Mr. WELDON of Pennsylvania. Mr. Speaker, I was dismayed to learn that on March 3, 2004, Ukrainian police shutdown Kontyent, a private radio station, in Kyiv, Ukraine. Four days before the Ukrainian authorities confiscated Kontyent's radio transmitter, the station began broadcasting Ukrainian-language programs by Radio Liberty. Radio Free Europe/Radio Liberty has played a significant role in Ukraine by providing several hours of Ukrainian-language programming to an average of six million regular listeners. RFE/RL offers comprehensive coverage of the internal political, economic and social situation in Ukraine. Such important information is not readily available to Ukrainians from their own domestic media.

Mr. Borys Kholod, the head of Ukraine's National Council for Radio and Television, claimed that the closure of Radio Kontyent was not politically motivated. Instead, Mr. Kholod maintains that Radio Kontyent had its license revoked due to Radio Kontyent's financial problems. However, Radio Kontyent has been in court for the past 3 years over the license dispute. It is my understanding that under Ukrainian law, action cannot be taken against the station until the court procedures have been completed.

Later this year, Ukraine will elect a new president. Many Ukrainians are concerned that without access to an independent media outlet, the current campaign will not be portrayed in a balanced and objective manner. I believe that Voice of America and Radio Free Europe/Radio Liberty is essential in this cause and I expressed that in my recent meeting with Ukraine's First Deputy Minister for Foreign Affairs, Volodymyr Yef'chenko. He assured me that a resolution is forthcoming and they are currently looking for a radio station to transmit Radio Liberty in the interim. I expect to receive an update on this matter from the Ministry in the near future.

TRIBUTE TO JUANITA YOUNG DEVAUGHN, 29TH CONGRESSIONAL DISTRICT WOMAN OF THE YEAR—2004

HON. ADAM B. SCHIFF

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 16, 2004

Mr. SCHIFF. Mr. Speaker, I rise today to honor Women's History Month. During the month of March, we pay special tribute to the accomplishments made by our Nation's most distinguished women. It is my great privilege to recognize outstanding women who are making a difference in my district.

I stand today, to recognize an extraordinary woman of California's 29th Congressional District, Mrs. Juanita Young DeVaughn. Mrs. DeVaughn's passion for community volunteerism, especially on behalf of children and education, has made Altadena and surrounding areas a better place in which to live.

Born in 1925 and raised in Boligee, Alabama, Juanita attended Alabama A&M University where she earned her BS in Home Economics. Juanita completed her higher education in 1977, obtaining her MA from Azusa Pacific University in Azusa, CA. Juanita married Paul DeVaughn in 1950. They have 2 children, Paula and Robert, and 2 grandchildren. The DeVaughns moved to Altadena, CA in the 1960s.

A lifelong educator, Mrs. DeVaughn has taught for 47 years. Her teaching experience began at the Industrial School for Girls in Alabama. She also worked as a Dietician at Talladega College, as a Nutritionist for the Headstart program in Birmingham, a teacher at Eliot Middle School in Altadena, and concluded her illustrious career in 1993 as an instructor in Home Economics, Geography, English, and Social Studies at John Muir High School in Pasadena.

A natural leader, Juanita has been extensively involved in many community organizations. She spearheaded the Campus Beautification project for John Muir High School, served on the boards of the Alkebulan Cultural Center, and the Altadena Christian Children's Center. An active Altadena NAACP board member, Juanita revitalized and chaired the Altadena NAACP's ACT-SO Program; an undertaking she continues to this day. She is a long-time member of Altadena Baptist Church, where she is a Deaconess, choir member, and volunteers for various projects. In addition, she raises funds for NAACP youth projects, the Pasadena chapter of the Alabama A&M University Alumni Association, and the Alberta Vaughn Scholarship Foundation.

Juanita has received numerous awards, including the Pasadena-Foothill Valley's YWCA Second Century Award, the Roy Campanella Humanitarian Award, Phi Delta Kappa's Woman of Year Award, an International Optimist Award, and the Pasadena Human Relations Commission's Harry Sheldon Award.

I ask all Members to join me today in honoring an extraordinary woman of California's 29th Congressional District, Juanita Young DeVaughn. The entire community joins me in thanking Juanita DeVaughn for her continued efforts to make the 29th Congressional District a better place in which to live.

AMERICA'S GROWING OBESITY EPIDEMIC

HON. ROSA L. DeLAURO

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 16, 2004

Ms. DeLAURO. Mr. Speaker, public health officials have been sounding an alarm in recent years about America's growing obesity epidemic. By 2000, almost two-thirds of adults were overweight or obese, and the Centers for Disease Control and Prevention (CDC) estimate that 40 percent of adults will be obese by 2010, if trends go unchanged. In the past 20 years, the percentage of children who are overweight has doubled from 7 to 15 percent, while the percentage of adolescents who are overweight has almost tripled.

Recent studies have found that more than 34 percent of adults are overweight, about 31 percent are obese, and both children and adults are consuming significantly more calories today than they did just 30 years ago.

The personal costs of this epidemic include shorter lifespan due to increases in heart disease, high blood pressure, stroke, some types of cancer and diabetes. The costs to society are immense and growing; CDC estimates that obesity-related medical costs reached a record total of \$75 billion in 2003, \$39 billion of which is borne by taxpayers via Medicare and Medicaid.

Among the best tools yet developed to fight obesity is the Expanded Food and Nutrition Education Program (or EFNEP), which is operated by the USDA's Cooperative State Research, Education, and Extension Service (or CSREES). Now celebrating its 35th year of service, EFNEP operates in nearly 800 counties in all 50 states and the U.S. territories. EFNEP's mission is to help low-income families and youth improve their diet quality and stretch their food dollar, skills which directly affect obesity. By making positive changes in individual and family behavior regarding healthy food choices, physical activity, and stretching the family food dollar, EFNEP participants can combat obesity and improve their health.

Studies show that people who are most "food insecure"—meaning those who are vulnerable to running out of food or missing meals because they cannot afford the cost—are disproportionately obese and overweight. EFNEP targets these very audiences: low-income youth and low-income families with young children. Through a series of lessons and activities, taught in peer-to-peer fashion by paraprofessionals and volunteers who come from the same populations the program is trying to reach, EFNEP relies on a tried-and-true learning process that brings about dramatic results.

Changes in diets to include more fruits and vegetables and dairy foods have been shown to lower the incidence of obesity and the risk of many chronic diseases. EFNEP has demonstrated remarkable success in increasing the consumption of these key foods. According to evaluation data, after participating in EFNEP, the adults consume 1.7 more servings of fruits and vegetables and a one-half additional serving of dairy foods, compared to their intake levels when they started EFNEP; 93 percent of the adult participants make a positive improvement in at least one food group.